CLAIMS

1. A thawing method by which a frozen commodity is thawed by means of high frequency heating comprising:

a first high frequency heating step for high frequency heating the frozen commodity to the vicinity of a melting temperature;

a temperature detection step for measuring the temperature of the frozen commodity during the first high frequency heating step and detects that the measured temperature has reached the melting temperature;

a steam supplying step for starting a steam supply when the melting temperature is detected in the temperature detection step, thus forming a film of dew condensation on the surface of the frozen commodity; and

a second high frequency heating step for high frequency heating the frozen commodity after the start of the steam supplying.

2. A thawing method according to claim 1, including

a weight evaluation step for evaluating the weight of the frozen commodity based on a temperature increase rate of the frozen commodity measured in the temperature detection step,

wherein the heating time of the first high frequency heating step is set in accordance with the weight evaluation result from the weight evaluation step.

3. A thawing method according to claim 1, including

a weight evaluation step for evaluating the weight of the frozen commodity based on a temperature increase rate of the frozen commodity measured in the temperature detection step,

wherein the steam supplying time of the steam supplying step is set in accordance with the weight evaluation result from the weight evaluation step.

4. A thawing method according to any one of claims 1 to 3, including

a steam exhaust step for reducing an amount of steam inside a heating chamber, in which the frozen commodity is placed, after the steam supplying step.

5. A thawing method according to any one of claims 1 to 4, wherein the temperature detection step, while scanning an infrared ray sensor which simultaneously measures a plurality of points, detects that the average value of the surface temperature of the measured frozen commodity has reached the melting temperature.